



Posn	Bib	Runner	Club	Time
1	19	Joseph HAVEY	Warriors Pentathlon & Athletic Club	7.50
2	5	Freddie MCDERMOTT	Liverpool Harriers & AC	7.54
3	3	Alex BAILEY-HALL	Liverpool Harriers & AC	7.59
4	9	Thomas DELAMERE	Southport Waterloo AC	8.03
5	16	Ben DUNNING	Warriors Pentathlon & Athletic Club	8.08
6	26	Henry OAKES	Wirral AC	8.11
7	11	Matthew NDJAMBULA	Southport Waterloo AC	8.13
8	7	James SMITH	Liverpool Harriers & AC	8.15
<b>9</b>	<b>13</b>	<b>Rohan DICKINSON</b>	<b>St Helens Sutton AC</b>	<b>8.17</b>
10	25	Jacob LEEMING-NELSON	Wirral AC	8.17
11	22	Noah BAGLEY	Wirral AC	8.23
12	20	Freddie JACKSON	Warriors Pentathlon & Athletic Club	8.25
13	6	Mohamed MOHAMED	Liverpool Harriers & AC	8.29
14	8	Sam COUGHLAN	Southport Waterloo AC	8.32
15	12	William PAYBODY	Southport Waterloo AC	8.33
16	14	Ralph ABDULLA	Warriors Pentathlon & Athletic Club	8.35
17	383	Luca WHELAN	Knowsley Harriers	8.53
18	18	Jed DUNNING	Warriors Pentathlon & Athletic Club	8.56
19	23	Sebastian DAVIES	Wirral AC	9.04
20	2	Emrys CARE	Liverpool Harriers & AC	9.09
21	27	Sebastian STEWART	Wirral AC	9.11
22	17	Sam DUNNING	Warriors Pentathlon & Athletic Club	9.48
23	24	Teddy JONES	Wirral AC	11.18

Teams	Club	Counters	Points
1	Liverpool Harriers & AC	[2,3,8,13]	26
2	Warriors Pentathlon & Athletic Club	[1,5,12,16]	34
3	Southport Waterloo AC	[4,7,14,15]	40
4	Wirral AC	[6,10,11,19]	46



Merseyside County AA  
Annual Cross Country Championships  
Saturday, 14th December 2024 @ Arrowe Park, Wirral

Results: U11 Girls

Posn	Bib	Runner	Club	Time
1	57	Anna GATELY	Wirral AC	7.55
2	30	Alicia BARANOWSKA	Liverpool Harriers & AC	8.05
3	33	Isabelle BURNEY	Liverpool Harriers & AC	8.09
4	55	Gabby DAVIES	Wirral AC	8.14
5	53	Jasmine ROGAN	Warriors Pentathlon & Athletic Club	8.14
6	29	Poppy BAKER	Liverpool Harriers & AC	8.20
7	59	Sophia MCCREADY	Wirral AC	8.24
8	35	Holly COOMBE	Liverpool Harriers & AC	8.29
9	60	Mila PRICE	Wirral AC	8.32
10	39	Caitlin MCGUIRK	Liverpool Harriers & AC	8.43
11	62	Ziva TIMSON	Wirral AC	8.45
12	44	Isabelle RYAN	Liverpool Harriers & AC	8.49
13	45	Katy SMITH	Liverpool Harriers & AC	8.55
14	37	Rose FAY	Liverpool Harriers & AC	9.01
15	32	Florence BURMAN	Liverpool Harriers & AC	9.03
<b>16</b>	<b>46</b>	<b>Dora LOXHAM-KEENAN</b>	<b>Southport Waterloo AC</b>	<b>9.08</b>
17	34	Ada CAMERON	Liverpool Harriers & AC	9.14
18	43	Nancy POLHILL	Liverpool Harriers & AC	9.17
19	51	Polly MCVICAR	Warriors Pentathlon & Athletic Club	9.19
20	31	Jasmine BRAMWELL-CONNOLLY	Liverpool Harriers & AC	9.28
21	36	Elsie CUNNINGHAM	Liverpool Harriers & AC	9.32
22	38	Lula GRIMES	Liverpool Harriers & AC	9.40
23	56	Daisy DORAN	Wirral AC	9.45
24	28	Grace ASKEW	Liverpool Harriers & AC	9.50
25	61	Rosie ROBERTS	Wirral AC	10.33
26	48	Milly AIREY	Warriors Pentathlon & Athletic Club	10.39
27	47	Lucy CLAGUE	St Helens Sutton AC	11.15
28	52	Autumn Saoirse PICKERING	Warriors Pentathlon & Athletic Club	11.31
29	50	Erin FORTUNE	Warriors Pentathlon & Athletic Club	11.40

Teams	Club	Counters	Points
1	Liverpool Harriers & AC	[2,3,6,8]	19
2	Wirral AC	[1,4,7,9]	21
3	Warriors Pentathlon & Athletic Club	[5,19,26,28]	78



Merseyside County AA  
Annual Cross Country Championships  
Saturday, 14th December 2024 @ Arrowe Park, Wirral

Results: U13 Girls

Posn	Bib	Runner	Club	Time
1	97	Daisy MCVICAR	Warriors Pentathlon & Athletic Club	12.38
2	93	Isobel BEDDOW	Warriors Pentathlon & Athletic Club	12.45
3	76	Beau RAWCLIFFE	Liverpool Harriers & AC	12.50
4	78	Daisy RUSHTON	Liverpool Harriers & AC	12.51
5	82	Lucy DELAMERE	Southport Waterloo AC	12.55
6	68	Esme CAMERON	Liverpool Harriers & AC	12.56
7	71	Mia FORD	Liverpool Harriers & AC	12.57
8	75	Honor PEERS	Liverpool Harriers & AC	13.01
9	92	Eve BEDDOW	Warriors Pentathlon & Athletic Club	13.20
<b>10</b>	<b>89</b>	<b>Sophia HUNTER</b>	<b>St Helens Sutton AC</b>	<b>13.34</b>
11	94	Poppy Mai BODEN	Warriors Pentathlon & Athletic Club	13.41
12	99	Elsie JONES	Wirral AC	13.48
13	95	Charlotte MACKIE	Warriors Pentathlon & Athletic Club	14.03
14	79	Tillie WRIGHT	Liverpool Harriers & AC	14.05
15	65	Tolu ADEBANJO	Liverpool Harriers & AC	14.05
16	69	Pearl FAY	Liverpool Harriers & AC	14.06
17	70	Mia FEENAN	Liverpool Harriers & AC	14.06
18	64	Yemi ADEBANJO	Liverpool Harriers & AC	14.16
19	72	Nancy HOWE	Liverpool Harriers & AC	14.30
20	90	Sophie LANG	St Helens Sutton AC	15.08
21	66	Ella ASHFORD	Liverpool Harriers & AC	15.35
22	63	Melissa CAMERON	Kirkby Milers AC	15.41
23	98	Violet BRADY	Wirral AC	15.58
24	96	Florence MASSEY	Warriors Pentathlon & Athletic Club	15.59
25	80	Phoebe BROADHURST	Southport Waterloo AC	16.29
26	84	Ailsa MCCANN	Southport Waterloo AC	16.48
27	88	Caitlin WEBSTER	Southport Waterloo AC	17.15
28	86	Lauren SINHA	Southport Waterloo AC	17.28
29	81	Renee COULSON	Southport Waterloo AC	17.42
30	91	Lily MCKEEGAN	St Helens Sutton AC	17.51
31	85	Emily PAYBODY	Southport Waterloo AC	19.55

Teams	Club	Counters	Points
1	Liverpool Harriers & AC	[3,4,6,7]	20
2	Warriors Pentathlon & Athletic Club	[1,2,9,11]	23
3	Southport Waterloo AC	[5,25,26,27]	83



Merseyside County AA  
Annual Cross Country Championships  
Saturday, 14th December 2024 @ Arrowe Park, Wirral

Results: U13 Boys

Posn	Bib	Runner	Club	Time
1	106	Bobby MCEVOY	Liverpool Harriers & AC	11.37
2	109	Sebastian RUNG	Liverpool Harriers & AC	11.52
3	133	Fred REESE	Wirral AC	11.55
4	126	Owen OSWICK	Warriors Pentathlon & Athletic Club	11.56
5	115	James MCGRORY	Southport Waterloo AC	11.58
6	105	Samuel LAMBERT	Liverpool Harriers & AC	12.01
7	128	Harry REDHEAD	Warriors Pentathlon & Athletic Club	12.05
8	108	Max MYLES	Liverpool Harriers & AC	12.13
9	111	Robert WORRALL	Liverpool Harriers & AC	12.18
10	134	Thomas SMOUT	Wirral AC	12.32
11	122	Sam BAKER	Warriors Pentathlon & Athletic Club	12.37
12	123	Bobby HUGHES	Warriors Pentathlon & Athletic Club	13.08
13	136	Kisuke YAMAMOTO	Wirral AC	13.15
14	125	James MERRIMAN	Warriors Pentathlon & Athletic Club	13.17
15	135	Orson WAKEFIELD	Wirral AC	13.22
16	104	Ethan HUGHES	Liverpool Harriers & AC	13.28
17	113	Oliver KIMBALL	Southport Waterloo AC	13.30
18	110	Harry RYAN	Liverpool Harriers & AC	13.30
19	129	Rory BOYD	Wirral AC	13.31
20	112	George HAWTHORN	Southport Waterloo AC	13.46
21	127	Jonah PICKERING	Warriors Pentathlon & Athletic Club	13.51
22	102	George JACKSON	Kirkby Milers AC	13.52
23	131	Harry EVENS	Wirral AC	13.57
24	118	Woody DEANE	St Helens Sutton AC	14.46
25	116	James SILCOX	Southport Waterloo AC	14.48
26	130	Benjamin CHALMERS	Wirral AC	14.50
27	120	Woody KELLY	St Helens Sutton AC	15.09
28	121	Lucas VINE	St Helens Sutton AC	15.44
29	114	Lucas LEWIS	Southport Waterloo AC	15.56
30	119	Harry JACKSON	St Helens Sutton AC	

Teams	Club	Counters	Points
1	Liverpool Harriers & AC	[1,2,6,8]	17
2	Warriors Pentathlon & Athletic Club	[4,7,11,12]	34
3	Wirral AC	[3,10,13,15]	41
4	Southport Waterloo AC	[5,17,20,25]	67
5	St Helens Sutton AC	[24,27,28,30]	109



Merseyside County AA  
Annual Cross Country Championships  
Saturday, 14th December 2024 @ Arrowe Park, Wirral

Results: U15 Girls

Posn	Bib	Runner	Club	Time
1	154	Isla YORKE	Warriors Pentathlon & Athletic Club	14.49
2	141	Rebecca MURPHY	Liverpool Harriers & AC	14.54
3	145	Maisie WILLIAMS	Liverpool Harriers & AC	15.53
<b>4</b>	<b>147</b>	<b>Lauren SILCOX</b>	<b>Southport Waterloo AC</b>	<b>16.02</b>
5	146	Evie WORRALL	Liverpool Harriers & AC	16.10
6	140	Maisie MCGUIRK	Liverpool Harriers & AC	16.25
7	142	Frances O'BRIEN	Liverpool Harriers & AC	16.48
8	139	Bonita KEWLEY	Liverpool Harriers & AC	16.52
9	137	Mya BURNEY	Liverpool Harriers & AC	17.00
10	144	Lillian ROTHERAM	Liverpool Harriers & AC	17.18
11	155	Amelia COX	Wirral AC	17.21
12	158	Isla LAWRENSON	Wirral AC	17.27
13	150	Savannah MANNHART	Warriors Pentathlon & Athletic Club	17.43
14	151	Katie MERRIMAN	Warriors Pentathlon & Athletic Club	17.45
15	143	Marissa PHILLIPS	Liverpool Harriers & AC	17.52
16	159	Faye MCKEOWN	Wirral AC	17.59
17	157	Connie JONES	Wirral AC	18.18
18	138	Grace DORAN	Liverpool Harriers & AC	18.23
19	148	Shopia RICHARDSON	St Helens Sutton AC	19.44
20	149	Amelia CALVELEY	Warriors Pentathlon & Athletic Club	20.57
21	156	Erin HUSTON	Wirral AC	21.54

Teams	Club	Counters	Points
1	Liverpool Harriers & AC	[2,3,5,6]	16
2	Warriors Pentathlon & Athletic Club	[1,13,14,20]	48
3	Wirral AC	[11,12,16,17]	56



Merseyside County AA  
Annual Cross Country Championships  
Saturday, 14th December 2024 @ Arrowe Park, Wirral

Results: U15 Boys

Posn	Bib	Runner	Club	Time
1	167	William DELAMERE	Southport Waterloo AC	12.52
2	169	Caleb STILL	Southport Waterloo AC	12.54
3	176	Michael PHELAN	Warriors Pentathlon & Athletic Club	13.41
4	162	Peter HERRING	Liverpool Harriers & AC	13.44
5	166	Eddy CLARK	Southport Waterloo AC	13.54
6	180	Malachi HARTY	Wirral AC	13.55
7	183	Theo KAYE	Wirral AC	13.55
<b>8</b>	<b>171</b>	<b>Bobby BIRKETT</b>	<b>St Helens Sutton AC</b>	<b>14.16</b>
9	172	Riley UNDERHILL	St Helens Sutton AC	14.52
10	173	Max GRABE	Warriors Pentathlon & Athletic Club	15.07
11	170	Evan THOMAS	Southport Waterloo AC	15.08
12	184	Finley MARSDEN	Wirral AC	15.18
13	160	Lucas HOUGHTON	Kirkby Milers AC	15.29
14	165	Richard BERRY	Southport Waterloo AC	15.30
15	161	Callum FINCH	Liverpool Harriers & AC	15.48
16	182	Thomas HEAP	Wirral AC	15.56
17	177	Healey CULLEN	Wirral AC	16.11
18	174	Huw MADDOX	Warriors Pentathlon & Athletic Club	16.30
19	178	Arthur GOULDING	Wirral AC	16.41
20	179	Cian HALPENNY	Wirral AC	16.57
21	163	Murphy MIDGLEY	Liverpool Harriers & AC	17.01
22	175	William MURPHY	Warriors Pentathlon & Athletic Club	20.53

Teams	Club	Counters	Points
1	Southport Waterloo AC	[1,2,5,11]	19
2	Wirral AC	[6,7,12,16]	41
3	Warriors Pentathlon & Athletic Club	[3,10,18,22]	53



Merseyside County AA  
Annual Cross Country Championships  
Saturday, 14th December 2024 @ Arrowe Park, Wirral

Results: U17&U20W

Posn	Bib	Runner	Club	Time
1	185	Holly CROSS (U17W)	Liverpool Harriers & AC	17.48
2	187	Bailey HUGHES (U17W)	Liverpool Harriers & AC	18.03
3	194	Sydney MONAHAN CLARKSON (U17W)	Southport Waterloo AC	18.18
<b>4</b>	<b>196</b>	<b>Lily BIRKETT (U17W)</b>	<b>St Helens Sutton AC</b>	<b>18.37</b>
5	199	Evie Melissa SMITH (U20W)	Warriors Pentathlon & Athletic Club	18.47
6	192	Valerie TEARE (U17W)	Liverpool Harriers & AC	19.01
7	193	Emily DEAN (U20W)	Southport Waterloo AC	19.26
8	200	Sarah SMITH (U20W)	Warriors Pentathlon & Athletic Club	19.47
9	197	Imogen DUNNING (U17W)	Warriors Pentathlon & Athletic Club	19.55
10	198	Eve GRABE (U17W)	Warriors Pentathlon & Athletic Club	20.03
11	190	Hannah ROBINSON (U17W)	Liverpool Harriers & AC	20.19
12	189	Isobel ROBINSON (U17W)	Liverpool Harriers & AC	20.31
13	204	Sarah THEOBALD (U20W)	Wirral AC	20.36
14	202	Ella Rose COWAN (U17W)	Wirral AC	20.46
15	195	Amelie SCOTT (U17W)	Southport Waterloo AC	21.02
16	205	Emma THEOBALD (U20W)	Wirral AC	21.07

Teams	Club	Counters	Points
1	Liverpool Harriers & AC	[1,2,6]	9
2	Warriors Pentathlon & Athletic Club	[5,8,9]	22
3	Southport Waterloo AC	[3,7,15]	25
4	Wirral AC	[13,14,16]	43



Merseyside County AA  
Annual Cross Country Championships  
Saturday, 14th December 2024 @ Arrowe Park, Wirral

Results: U17M

Posn	Bib	Runner	Club	Time
1	210	Liam JOHNSON	St Helens Sutton AC	21.54
2	206	Max TAYLOR	Liverpool Harriers & AC	22.29
3	212	Noel FORD	Warriors Pentathlon & Athletic Club	22.35
4	218	Ben CRONSHAW	Wirral AC	22.45
5	214	Oberon KEARNEY	Warriors Pentathlon & Athletic Club	23.08
<b>6</b>	<b>207</b>	<b>Liam MCCORMICK</b>	<b>Southport Waterloo AC</b>	<b>23.30</b>
7	211	William VOSE	St Helens Sutton AC	23.55
8	222	Ben WILLIAMS	Wirral AC	24.02
9	217	Jac CHAPMAN	Wirral AC	24.12
10	219	George GOULDING	Wirral AC	24.29
11	213	James JONES	Warriors Pentathlon & Athletic Club	24.31
12	220	Matthew MERRIMAN	Wirral AC	25.51
13	221	Luca NOORPURI	Wirral AC	26.21
14	208	Will ROTHWELL	Southport Waterloo AC	26.26
15	216	Joshua BENDREY	Wirral AC	26.54
16	215	George MURPHY	Warriors Pentathlon & Athletic Club	27.18
17	209	Benjamin GENNER	St Helens Sutton AC	29.53

Teams	Club	Counters	Points
1	Warriors Pentathlon & Athletic Club	[3,5,11]	19
2	Wirral AC	[4,8,9]	21
3	St Helens Sutton AC	[1,7,17]	25





Merseyside County AA  
Annual Cross Country Championships  
Saturday, 14th December 2024 @ Arrowe Park, Wirral

Results: SNR WOMEN

Posn	Bib	Runner	Club	Time
1	275	Emily HAGGARD KEARNEY (SW)	Warriors Pentathlon & Athletic Club	28.49
2	250	Lucy FAIRCLOUGH (SW)	St Helens Sutton AC	30.26
3	280	Catherine GALLAGHER (SW)	Wirral AC	32.24
<b>4</b>	<b>271</b>	<b>Laura BAKER (FV35-44) 1</b>	<b>Warriors Pentathlon &amp; Athletic Club</b>	<b>33.04</b>
5	234	Holly LEDGER (SW)	Liverpool Harriers & AC	33.09
6	237	Laura REILLY (SW)	Mossley Hill AC	34.44
<b>7</b>	<b>281</b>	<b>Jennie LANGSTON (FV35-44) 2</b>	<b>Wirral AC</b>	<b>36.48</b>
<b>8</b>	<b>267</b>	<b>Vicky MCCONNELL (FV35-44) 3</b>	<b>Wallasey Athletic Club</b>	<b>37.00</b>
9	265	Anna KENNY (FV35-44) 4	Wallasey Athletic Club	37.08
10	279	Ruth MCCAUL (FV35-44) 5	Warriors Pentathlon & Athletic Club	37.18
<b>11</b>	<b>251</b>	<b>Fiona ALLEN (FV45-54) 1</b>	<b>UTS Running Club</b>	<b>37.28</b>
<b>12</b>	<b>240</b>	<b>Ruth ISAACS (FV55-64) 1</b>	<b>Pensby Runners</b>	<b>37.48</b>
<b>13</b>	<b>272</b>	<b>Barbara FORD (FV45-54) 2</b>	<b>Warriors Pentathlon &amp; Athletic Club</b>	<b>38.01</b>
14	236	Alice NOTTINGHAM (SW)	Mikkeller Running Club Liverpool	38.08
<b>15</b>	<b>278</b>	<b>Sarah KEARNEY (FV45-54) 3</b>	<b>Warriors Pentathlon &amp; Athletic Club</b>	<b>38.35</b>
16	231	Jennifer HOUGHTON (FV35-44) 6	Kirkby Milers AC	38.47
17	256	Emily MILLS (FV35-44) 7	UTS Running Club	39.06
18	270	Helen STANSFIELD (FV35-44) 8	Wallasey Athletic Club	39.20
<b>19</b>	<b>242</b>	<b>Wendy LEE (FV55-64) 2</b>	<b>Pensby Runners</b>	<b>39.30</b>
20	282	Marleen RENDERS (FV35-44) 9	Wirral AC	39.43
21	257	Felicity NEWTON (FV35-44) 10	UTS Running Club	39.49
22	262	Kathleen COWDRAY (FV35-44) 11	Wallasey Athletic Club	39.54
23	249	Catherine SAMS (FV35-44) 12	St Helens Striders	40.08
<b>24</b>	<b>258</b>	<b>Michele ALTY (FV55-64) 3</b>	<b>Wallasey Athletic Club</b>	<b>40.13</b>
25	283	Anne ROSBOTTOM (FV45-54) 4	Wirral AC	40.24
26	276	Geraldine HAVEY (FV35-44) 13	Warriors Pentathlon & Athletic Club	40.41
27	243	Ali LEWIS (FV45-54) 5	Pensby Runners	40.58
28	238	Sarah JACKSON (FV45-54) 6	Penny Lane Striders	41.03
29	247	Michelle SPENCER (FV45-54) 7	Southport Waterloo AC	41.06
30	235	Michelle MURPHY (FV55-64) 4	Liverpool Harriers & AC	41.21
31	244	Claudia PAGOULATOU (FV45-54) 8	Pensby Runners	41.34
32	245	Alexandra ROYDEN (SW)	Pensby Runners	42.24
33	252	Bal JOHNSON (FV55-64) 5	UTS Running Club	42.34
34	273	Naomi GRABE (FV35-44) 14	Warriors Pentathlon & Athletic Club	42.38
35	253	Vicky KEHOE (FV45-54) 9	UTS Running Club	43.12
36	246	Carole JAMES (FV55-64) 6	Southport Waterloo AC	43.41
37	248	Kirstie MCCAFFREY (FV35-44) 15	St Helens Striders	43.55
38	255	Alison MACDONALD (FV55-64) 7	UTS Running Club	44.18
39	263	Lesley-anne CUCKSEY (FV55-64) 8	Wallasey Athletic Club	46.31
40	260	Julie BARBAT (FV55-64) 9	Wallasey Athletic Club	46.33
41	239	Joanne COOK (FV35-44) 16	Pensby Runners	46.44
<b>42</b>	<b>268</b>	<b>Susan Mary REES (FV65+) 1</b>	<b>Wallasey Athletic Club</b>	<b>48.10</b>
43	266	Sharon LAMONT (FV55-64) 10	Wallasey Athletic Club	50.26
44	241	Cath LANCASTER (FV55-64) 11	Pensby Runners	50.37



Merseyside County AA  
Annual Cross Country Championships  
Saturday, 14th December 2024 @ Arrowe Park, Wirral

**Results: SNR WOMEN**

Posn	Bib	Runner	Club	Time
45	264	Catherine CUTHBERT (FV45-54) 10	Wallasey Athletic Club	54.07

Teams	Club	Counters	Points
1	Warriors Pentathlon & Athletic Club	[1,4,10,13]	28
2	Wirral AC	[3,7,20,25]	55
3	Wallasey Athletic Club	[8,9,18,22]	57
4	UTS Running Club	[11,17,21,33]	82
5	Pensby Runners	[12,19,27,31]	89



Merseyside County AA  
Annual Cross Country Championships  
Saturday, 14th December 2024 @ Arrowe Park, Wirral

Results: U20M

Posn	Bib	Runner	Club	Time
1	230	Alex POULSTON	Wirral AC	26.30
2	228	Louis HATTON	Wirral AC	27.26
3	229	Jack HEAP	Wirral AC	27.28
<b>4</b>	<b>226</b>	<b>Reuben DONNELLY</b>	<b>Southport Waterloo AC</b>	<b>28.31</b>
5	225	Ben TAYLOR	Liverpool Harriers & AC	29.41
6	227	Jack BERRY	Warriors Pentathlon & Athletic Club	32.07

Teams	Club	Counters	Points
1	Wirral AC	[1,2,3]	6



Merseyside County AA  
Annual Cross Country Championships  
Saturday, 14th December 2024 @ Arrowe Park, Wirral

Results: SNR MEN

Posn	Bib	Runner	Club	Time
1	294	Jack O'FARRELL (SM)	Liverpool Harriers & AC	38.29
2	319	Philip ROBERTSON (SM)	Sale Harriers Manchester	38.55
<b>3</b>	<b>289</b>	<b>John Joe DOHERTY (MV35-44) 1</b>	<b>Liverpool Harriers &amp; AC</b>	<b>39.49</b>
4	353	Oliver CHADWICK (SM)	Wallasey Athletic Club	40.23
5	369	Alex HAGGARD KEARNEY (SM)	Warriors Pentathlon & Athletic Club	40.41
<b>6</b>	<b>297</b>	<b>Lee SIEMASZKO (MV35-44) 2</b>	<b>Liverpool Harriers &amp; AC</b>	<b>41.15</b>
<b>7</b>	<b>287</b>	<b>Stephen CAMPBELL (MV35-44) 3</b>	<b>Liverpool Harriers &amp; AC</b>	<b>41.24</b>
8	375	Josh CROMBLEHOLME (SM)	Wirral AC	41.54
9	296	Mark RYAN (SM)	Liverpool Harriers & AC	42.25
10	288	Hywel CARE (MV35-44) 4	Liverpool Harriers & AC	42.26
11	293	Ben MOORCROFT (SM)	Liverpool Harriers & AC	42.45
<b>12</b>	<b>382</b>	<b>Thomas GRIFFITHS (MV35-44) 5</b>	<b>St Helens Sutton AC</b>	<b>42.58</b>
<b>13</b>	<b>323</b>	<b>Francois RAFFERTY (MV55-64) 1</b>	<b>Southport Waterloo AC</b>	<b>44.24</b>
14	378	Daniel HAYES (SM)	Wirral AC	44.40
<b>15</b>	<b>380</b>	<b>James MACKIE (MV45-54) 1</b>	<b>Wirral AC</b>	<b>44.51</b>
16	338	Daniel COOKE (SM)	St Helens Sutton AC	45.16
17	327	Alexander VERNON (SM)	Southport Waterloo AC	45.27
18	344	John HARRIS (MV35-44) 6	UTS Running Club	45.52
<b>19</b>	<b>373</b>	<b>David PASTOR (MV45-54) 2</b>	<b>Warriors Pentathlon &amp; Athletic Club</b>	<b>45.55</b>
20	321	George INGRAM (SM)	Southport Waterloo AC	45.57
21	357	Alan KENNEDY (MV35-44) 7	Wallasey Athletic Club	46.19
22	355	George GILLIES (SM)	Wallasey Athletic Club	46.50
23	334	Kieran OBRIEN (SM)	St Helens Striders	46.59
<b>24</b>	<b>320</b>	<b>John DELAMERE (MV45-54) 3</b>	<b>Southport Waterloo AC</b>	<b>47.18</b>
25	337	Michael BRUSSELS (SM)	St Helens Sutton AC	47.30
26	341	Richard BURROWS (MV35-44) 8	UTS Running Club	47.36
27	326	Andrew VEEVERS (MV35-44) 9	Southport Waterloo AC	47.37
<b>28</b>	<b>307</b>	<b>John HUNT (MV55-64) 2</b>	<b>Pensby Runners</b>	<b>47.52</b>
29	348	Jon WELLS (MV45-54) 4	UTS Running Club	48.03
30	376	Gareth EARNDEN (SM)	Wirral AC	48.12
31	377	William FERGUSON (MV35-44) 10	Wirral AC	48.24
32	325	Marc SINGER (SM)	Southport Waterloo AC	48.31
33	379	Gavin HUNTER (MV35-44) 11	Wirral AC	48.54
34	368	Paul GRABE (MV35-44) 12	Warriors Pentathlon & Athletic Club	48.57
35	290	Callum GRANT (SM)	Liverpool Harriers & AC	49.07
36	328	Steven WILKINSON (MV45-54) 5	Southport Waterloo AC	49.15
37	374	Richard BARGH (MV35-44) 13	Wirral AC	49.47
38	310	Warren MCNALLY (MV45-54) 6	Pensby Runners	49.55
39	292	Lee MIDGHALL (MV45-54) 7	Liverpool Harriers & AC	50.16
40	372	James OSWICK (MV35-44) 14	Warriors Pentathlon & Athletic Club	50.23
41	359	Rob PEARSE (MV45-54) 8	Wallasey Athletic Club	50.32
42	361	Mark POUSTIE (MV45-54) 9	Wallasey Athletic Club	50.45
43	336	Chris BIRKETT (MV45-54) 10	St Helens Sutton AC	50.50
<b>44</b>	<b>315</b>	<b>John SIMPSON (MV55-64) 3</b>	<b>Pensby Runners</b>	<b>50.53</b>



Merseyside County AA  
Annual Cross Country Championships  
Saturday, 14th December 2024 @ Arrowe Park, Wirral

**Results: SNR MEN**

Posn	Bib	Runner	Club	Time
45	306	Peter HAMPSHIRE (MV45-54) 11	Pensby Runners	52.19
46	371	Arran KEARNEY (SM)	Warriors Pentathlon & Athletic Club	52.34
47	354	Scott EVES (MV35-44) 15	Wallasey Athletic Club	52.50
48	331	Paul GARDNER (MV35-44) 16	St Helens Striders	52.56
49	313	Ralph PAWLING (MV35-44) 17	Pensby Runners	53.07
50	352	Chris BOWERS (MV45-54) 12	Wallasey Athletic Club	53.54
51	343	Matt GRAHAM (MV45-54) 13	UTS Running Club	54.14
52	365	Sam WOODS (SM)	Wallasey Athletic Club	54.34
53	312	Gary PARKER (MV35-44) 18	Pensby Runners	54.41
54	347	Will REDDING (MV45-54) 14	UTS Running Club	55.11
<b>55</b>	<b>349</b>	<b>Tony BARBAT (MV65+) 1</b>	<b>Wallasey Athletic Club</b>	<b>55.35</b>
56	340	Neil BECKETT (MV45-54) 15	UTS Running Club	55.42
57	300	Paul GRAY (MV55-64) 4	Penny Lane Striders	55.54
58	366	Hareth ABDULLA (MV45-54) 16	Warriors Pentathlon & Athletic Club	56.12
59	345	Richard LATTEN (MV45-54) 17	UTS Running Club	56.19
<b>60</b>	<b>299</b>	<b>Chris PEDDER (MV65+) 2</b>	<b>Liverpool Pembroke &amp; Sefton H AC</b>	<b>58.03</b>
61	333	David LYNCH (MV45-54) 18	St Helens Striders	58.42
62	302	Michael O'ROURKE (MV35-44) 19	Penny Lane Striders	58.52
63	314	Richard SHAYLE (MV55-64) 5	Pensby Runners	59.18
64	330	Anthony ELLIS (MV35-44) 20	St Helens Striders	59.38
65	317	Neil WONG (MV45-54) 19	Pensby Runners	60.19
66	350	Peter BARHAM (MV45-54) 20	Wallasey Athletic Club	61.01
67	316	Jake THOMSON (MV45-54) 21	Pensby Runners	61.39
68	305	Robert CHALMERS (MV45-54) 22	Pensby Runners	62.13
69	301	Terry LYNCH (MV55-64) 6	Penny Lane Striders	62.35
70	332	Mike GITTINS (MV35-44) 21	St Helens Striders	62.52
71	346	Michael Pink (MV45-54)	UTS Running Club	63.41
<b>72</b>	<b>303</b>	<b>Steve PEMBERTON (MV65+) 3</b>	<b>Penny Lane Striders</b>	<b>64.09</b>
73	318	Lee Coupland (MV45-54)	Southport Waterloo AC	65.18
74	335	Nick POWNALL (SM)	St Helens Striders	65.20
75	309	Stephen MCCONVILLE (MV55-64) 8	Pensby Runners	65.51
76	351	Phil BIRD (MV55-64) 9	Wallasey Athletic Club	69.52
77	304	Steve ALMOND (MV55-64) 10	Pensby Runners	70.28
78	358	David MCALISTER (MV65+) 4	Wallasey Athletic Club	73.47
79	360	Robert PERRY (MV65+) 5	Wallasey Athletic Club	74.41

Teams	Club	Counters	Points
1	Liverpool Harriers & AC	[1,3,6,7,9,10]	36
2	Wirral AC	[8,14,15,30,31,33]	131
3	Southport Waterloo AC	[13,17,20,24,27,32]	133
4	Wallasey Athletic Club	[4,21,22,41,42,47]	177
5	Warriors Pentathlon & Athletic Club	[5,19,34,40,46,58]	202
6	UTS Running Club	[18,26,29,51,54,56]	234



Merseyside County AA  
Annual Cross Country Championships  
Saturday, 14th December 2024 @ Arrowe Park, Wirral

**Results: SNR MEN**

Posn	Bib	Runner	Club	Time
7		Pensby Runners	[28,38,44,45,49,53]	257
8		St Helens Striders	[23,48,61,64,70,74]	340